



# Five Dock All Saints Netball Club



Email: [fdallsaints@optusnet.com.au](mailto:fdallsaints@optusnet.com.au)  
Website: [www.fivedockallsaints.org.au](http://www.fivedockallsaints.org.au)

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**CANADA BAY CLUB**  
[www.canadabayclub.com.au](http://www.canadabayclub.com.au)

Established: **2005**  
Issue: **February 2013**

## President's Message

Welcome back everyone to the 2013 season, and a special welcome to our new players and families that have joined us. This newsletter gives everyone a quick "heads up" for your diaries of upcoming events.

Please take note of the dates of the upcoming coaching and umpiring courses conducted by IWSNA and the Mini Magpie Information Night (compulsory for Mini Magpie parents). There is also a skills clinic planned for the 7/8 to 14 years players provided by Anne Sergeant Clinics at Cintra – information over the page. Please check the "Dates for your Diary" section in this Newsletter.

A special thank you to the Canada Bay Club, Five Dock and The City of Canada Bay Council for their continued support in 2013

Regards, Darryl Stuart  
President

## Registrar's Report

We are in the process of finalising all teams. Many of our existing teams with coaches appointed will receive their team lists in the coming weeks. All junior teams must have a coach & manager before the team is registered with the association. We encourage all families & our senior players to offer their support & volunteer for coaching & managing roles. Being involved with your child's team & your netball club is a very rewarding experience. Please contact any of the executive members if you are interested.

We are still looking for a few players for the under 15 & Cadet age groups.

The IWSNA usually provides clubs with the netball fixture only a couple of weeks before the season commences. For our new junior teams your team may be allocated one of four time slots; 8.30am, 9.30am 10.30am or 11.30am. The time slot your team is allocated remains the same for the length of the season. In past seasons the Mini Magpies have played at 8.30am.

The season commences on **Saturday 6th April**.

### COMPULSORY COACHES AND MANAGERS MEETING:

Date: Wednesday 20 February 2013  
Venue: Canada Bay Club  
Time: 7:30pm to 9:30pm

Pick up new balls and Team Bags for new teams.  
Coordinate team training schedule.  
Discuss how to complete Score Sheets, including playing players up from another division.

Don't forget about the Resource Box that is available to borrow over a 2 week period. Contents include coaching/training DVD's and manuals.  
Please email [fdallsaints@optusnet.com.au](mailto:fdallsaints@optusnet.com.au) for more details.

**Mini Magpie Helpers:** A condition of entry into the Mini Magpie program is that the parents must offer to assist on Saturday mornings. Currently one parent helper is required for every ten mini magpies registered.  
There is an information night run by IWSNA for all the Mini Magpie Helpers.

### Mini Magpie Helper Information Night

Date: Wednesday 27 March 2013  
Time: To be advised by IWSNA  
Venue: Cintra Netball Park

Regards, Darryl Stuart and Andrew Russell



**Our Club BBQ at Cintra will be held August 3**

## UPCOMING DATES FOR YOUR DIARY 2013

|               |                    |   |
|---------------|--------------------|---|
| Wednesday     | 20 Feb             | Coaches / Managers Meeting at Canada Bay Club   |
| Saturday      | 2 March            | Susan Pratley Clinic at Cintra Netball Park   |
| Sunday        | 3 March            | FDAS Fundamentals of Umpiring – 12yrs & 13yrs at Cintra   |
| Saturday      | 9 March            | FDAS Fundraising Netball Gala Day at Cintra   |
| Saturday      | 16 March           | Foundation Coaches Course at Cintra   |
| Sunday        | 17 March           | Development Coaches Course at Cintra  |
| Saturday      | 23 March           | Beginner's Coaching Course – run by IWSNA<br>Dare to Develop a Diamond – Netball NSW<br>Basic Umpiring Course – run by IWSNA<br><i>All held at Anne Clarke Centre, Lidcombe</i> |
| Wednesday     | 27 March           | Mini Magpie Helper Information Night at Cintra  |
| <b>EASTER</b> | 29 March – 1 April | <b>No Games</b>   |
| Saturday      | 6 April            | Round 1   |
| Saturday      | 13 April           | Round 2   |
| Wednesday     | 17 April           | Anne Sergeant Netball Clinic at Cintra  |

## Coaching Development

All FDAS coaches are to send through their **RSVP by Friday 15 February** to [diggasplumbing@optusnet.com.au](mailto:diggasplumbing@optusnet.com.au) as numbers are limited. Thanks to all coaches who have already confirmed their attendance!

### Coaching Courses

**The Beginning Coaching General Principles Online Course - Compulsory for all coaches who have not yet completed. Cost: Free**

The Australian Sports Commission (ASC) course assists coaches to learn the basic skills of coaching, particularly those coaches working with children. Completed online in your own time & takes approx. 6 hours to complete. Website link <https://learning.ausport.gov.au/jportal/default.aspx> Please email completed certificate to FDAS Development Officer [diggasplumbing@optusnet.com.au](mailto:diggasplumbing@optusnet.com.au)

**Beginners Coaching Course – Compulsory for new coaches & those who have not attended previously**

Date: Saturday 23 March 2013

Cost: **Free - \$20 charge will be covered by FDAS**

Venue: **Anne Clarke Centre, Lidcombe**

Time: **8.45 for a 9.00am start**

For new/inexperienced coaches focusing on ages 8-12. Make up a training session, warm up, footwork, passing. Introduction to shooting and defence techniques. Each coach will receive a basic coaching reference manual.

**Dare to Develop a Diamond – Recommended for all coaches of teams 11-13 years.**

Date: Saturday 23 March 2013

Cost: **Free - \$35 charge will be covered by FDAS**

Venue: **Anne Clarke Centre, Lidcombe**

Time: **11.30 for 12.00pm start**

New Initiative by Netball Australia to focus on the development of a netball athlete specifically targeting ages 11 – 13. The athletes will concentrate on a range of fundamental sports skills including throwing, catching, jumping, running and basic game formats that encourage fun, skill development and decision making. This course is run by Netball NSW Coach Development staff.

**Foundation Coaching Course - recommended for all coaches with 2 plus years club experience**

Date: Saturday 16 March 2013

Cost: **Free - \$75.00 charge will be covered by FDAS**

Venue: **Cintra Park**

Time: **8.45am for a 9.00am start**

This course is designed to enhance the knowledge of coaches who are coaching at Club level. It is an accredited course under the Netball Australia Coaching Accreditation Scheme. This course is a 5 hour course with the Beginning General Coaching Principles online course a prerequisite.

**Jon Fletcher Coaching for Coaches TBC**

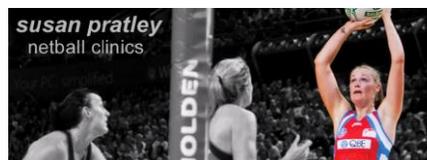
Jon has over 20 years national experience as a coach, trainer & educator who has previously conducted player & coaching clinics for our club. Likely to be held on a week night in April

**Please note: Clubs are liable for payment of any coach who does not attend on the day so please let the club know if you are unable to attend after you have rsvp'ed**

Regards, Rachel Digiglio & Monique Coleman

**Susan Pratley Netball Clinic – Saturday 2 March 2013**

Susan Pratley is one of Australia's leading netballers and a member of the National team since 2006. Susan made her name in netball as a Goal Attack/Goal Shooter and has played more than 50 tests for the Australian Diamonds. Susan is also a member of the NSW Swifts.



Date: Saturday 2 March 2013

Venue: Cintra Park Netball Courts

Time: 9.00am- 12.00pm

Ages: 8 – 14 years teams

Cost: \$35 per child; includes coaching from me and my team mates and a show bag!

**FDAS will subsidise the clinic by \$15 so the charge per player will be reduced to \$20.**

Bring: Water bottle, snack, comfortable clothes

RSVP to Rachel Digiglio [diggasplumbing@optusnet.com.au](mailto:diggasplumbing@optusnet.com.au).

**Places are limited & registration closes 22 February 2013.**

**Payment details will be emailed upon registration.**

**Anne Sargeant Netball Clinic- April School Holidays**

**Please note registration is directly with Anne Sargeant Clinics and NOT through Inner West OR Five Dock All Saints**

Date: 17th April

Time: 9:00am – 3:00pm

Venue: Cintra Park

Ages: 7/8 to 14 year olds

Cost: \$60.00 + \$5.00 processing fee (online registration)

Extra Sibling: \$50.00 + \$5.00 processing fee (online registration)

ASNC are run by former Australian Netball Captain, Anne Sargeant.

**REGISTER ONLINE AT:**

<https://www.cvent.com/events/17-april-2013-inner-western-suburbs-anne-sargeant-mission-foods-netball-clinic/registration-d15aace2fe474951a4b288be20fc1cfc.aspx>

Contact ASNC: Phone 9974 4228

Please email the Club at [fdallsaints@optusnet.com.au](mailto:fdallsaints@optusnet.com.au) to let us know if you are attending this clinic with names and ages.

## Umpiring Corner



### Note to our 2012 Under 12 teams:

It is compulsory for the Club to provide umpires for competition games, this is an IWSNA requirement. Players in the Under 12's and over competitions are to umpire the FDAS matches; the Club will provide Runners to assist the "umpires in training" during these matches.

Once grades and playing times are known the Manager is required to arrange their team's umpire roster. Failure to supply an umpire will incur a **penalty fee** from IWSNA and is paid by the FDAS team (not the Club) supplying the umpire, plus loss of competition points from the FDAS team playing. Please read the rule book, and then *click* on club's website for details regarding the online umpire's course.

<http://www.fivedockallsaints.org.au/>

A copy of the Umpiring Booklet is available to borrow from the Club's resource box; these booklets are also available to buy from IWSNA at the Administration Block building on Saturday mornings or purchased directly from Netball NSW. As part of achieving an IWSNA badge, umpires are to attend a carnival for mentoring.

**There will be a number of courses available for our umpires specifically targeting players playing in 12 – 14 years teams. Please diarize the following dates.**

### Fundamentals of Umpiring – run by FDAS

**Date:** Sunday 3 March 2013

**Venue:** Cintra **Time:** 9.00-11.00am

**RSVP:** [fdallsaints@optusnet.com.au](mailto:fdallsaints@optusnet.com.au)

**Bring:** whistle, scrunchie, rule book, paper & pen, water bottle, snacks, hat, sun screen

**Compulsory for all U12 & U13 FDAS Players.**

### Basic Umpire Course – (aimed for 12 to 14 years)

**Run by IWSNA**

**Venue:** Anne Clarke Centre, Lidcombe

**Date:** Saturday 23 March 2013

**Time:** 9:45am for 10am

**Cost:** FREE FREE FREE FREE

**RSVP:** 3 March 2013 - [fdallsaints@optusnet.com.au](mailto:fdallsaints@optusnet.com.au)

### Umpiring Coaching –

#### Representative Carnivals (11-15 years)

We are looking for umpires who would like to move up the badging pathways. One of the best ways to get coaching from nationally badged umpires is to attend Sunday Representative Carnivals where you get coached on high quality games and put what you are learning into practice. Transport can be provided for any interested umpires. Travel expenses are paid to all accepted umpires of \$50.00 PER DAY.

Sunday 24 March

Penrith Carnival

Sunday 7 April

St George Carnival

Sunday 5 May

Eastwood Ryde Carnival

Sunday 26 May

Baulkham Hills Carnival

Sunday 16 June

Campbelltown Carnival

RSVP to: [fdallsaints@optusnet.com.au](mailto:fdallsaints@optusnet.com.au) to nominate which carnival you would like to umpire at and if you will need transport there and back.

Regards, Mark Petrucco – Umpire Convenor

## Sponsorship & Fundraising

### GALA DAY – Saturday 9<sup>th</sup> March 2013

We are less than 5 weeks away now and I know the girls - not to mention coaches, managers, mums, dads, and grandparents - are all looking forward to the start of the Netball season.

### BBQ @ Gala Day

We will again be running a BBQ this year. I will be asking for Volunteers to put their hand up. I will send out a request to Managers shortly so we can arrange a Roster.

### Gala Day Sponsors

Everyone will receive their Sponsorship Sheets at the Coaches and Managers meeting and hopefully be get busy collecting **gold coins** (or more) from each of your sponsors.

**Prizes – Will be awarded to the players that raise the highest amount of sponsorship funds for the Club.**

### SUPPORT OUR CLUB SPONSORS

#### Canada Bay Club



As our major sponsor, please make sure you are a member of the Club and support where you can ...

*its only \$11.00 for 5 years !!*

The meals are fantastic from both The Family Brasserie and Wings Chinese Restaurant, and very reasonably priced.



#### The Athletes Foot at Burwood

Get along to The Athletes Foot Burwood for all your Netball shoes and accessories. Part of each FDAS purchase is returned to the Club

### SPONSORSHIP OPPORTUNITIES

Interested in becoming a Sponsor of Five Dock All Saints Netball Club?

You have the opportunity to **promote your business** to more than **300 registered members** and their families as well as another **3500-4000 players/supporters** from other teams/clubs **at Cintra Park** from other teams/clubs – **on a weekly basis.**

For a discussion to find out more, please contact me  
Look forward to seeing you all at Gala Day!

Patrick Everest

Sponsorship & Fundraising Co-ordinator

## Uniform/Equipment

We have received 120 balls from our supplier and have ordered a further 60. The balls are made up of match balls and training balls which will be handed out at the Coaches and Managers meeting on 20 February. Please let me know if you require any refills for your First Aid Kits, band aids etc.

**2<sup>nd</sup> HAND UNIFORM POOL:** Anyone wishing to sell their FDAS uniform can email the Club and it will be advertised in the Uniform Menu. Sellers contact details will be noted and the item/s to be sold. Any interested Buyers will need to contact the Seller **directly**. The Seller & Buyer negotiate the price between themselves; the Club will not be involved. The Club will merely advertise the item/s to be sold.

Club email address: [fdallsaints@optusnet.com.au](mailto:fdallsaints@optusnet.com.au)

Regards, Maria Stuart